

misophonia

COMMENTS

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185

↓

How to stop hyper-focusing on the noises my upstairs neighbor makes ?

self.misophonia

submitted 1 year ago * by chimaeking

His noisy behavior has taken a toll on me, to a point where I can't help but wait and focus to hear the next noise he makes (is it anxiety?)

He's not even that noisy, besides the occasional dragging heavy furniture, the main issue is the way he walks really "heavily" (I can hear every single step he takes), and every time I hear those, my heartbeat increases and I feel almost nauseous.

EDIT : This thread is almost a year old now, I've received a lot of advice from y'all and I thank your for that. I came to the conclusion that in these situations, the best thing to do is moving out. I didn't want to hear it at first too because... well because I didn't want to ! Because I was there first. Because it's expensive and it's not easy finding a new appartement. But at the end of the day, the peace of mind is worth it.

So my best advice is to move out, to a top floor appartement if you can !

My second best advice is to, in the meantime, invest in noise cancelling earphones/headset and/or in a white noise machine. I personally used my Amazon's Alexa, found a 12 hour long brown noise playlist and played it on repeat. If you can't afford that I would recommend to buy foam earplugs, they're really effective, but you can't use the same pair indefinitely so it can get pricey... And I personally think that the reusable kind doesn't perform as well.

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[-] MarieLou012 • 58 points 1 year ago*

↓

I have the same problem and right now am waiting for my neighbor to return from a two week vacation. It was bliss at my place during those two weeks.

I want to try not to wear my headphones first thing coming home but wait until I really hear him, but I am afraid that my anxiety will kick in as soon as I will hear him arrive and move up to his apartment.

Life with headphones 24/7 is horrible but better than having to endure the noise.

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[-] chimaeking S • 26 points 1 year ago

↓

I understand you 101% ! I also have this bittersweet feeling when he leaves, it's peaceful but at the same time I'm worrying about when he'll come back...

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↑ [-] Sparkleterrier • 19 points 1 year ago

↓ I understand this so much. Even when its quiet I can't fully relax and enjoy the silence because I know he will be back. Im in a constant state of anxiety.

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↑ [-] trustymutsi • 6 points 1 year ago

↓ I'm the same way at work. I work near customer service who largely are a loud cackling bunch. Also a coworker right next to me that hums when his headphones are in. Random off key humming. He's also a very rude person who just started and has never made an effort to be polite and seems miserable here since day one, so any sounds he makes triggers me extra.

I say all that to say I wear my headphones almost all the time. My fear is I'm lowering my tolerance for these noises the more I block them out. Like the SECOND he starts humming I feel furious and throw my headphones on.

I might be too hard on myself. Other are annoyed when he does it too.

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↑ [-] [deleted] • 2 points 3 months ago

↓ So relatable 🥲

It's almost as if my head became obsessed with the upstairs neighbours. Even though most of the time there's not much sound. Problem mostly is the stomping if she's doing something in the house and the evening tv/ music if her boyfriend comes over. Sometimes it's until night.

Doesn't help that she isn't a nice person. I think that's what's 50% of the problem for me.

(Moving not an option sadly)

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↑ [-] Both_Intention_6814 • 2 points 3 months ago

↓ Same here..I think if I liked her and she wasn't a b, I wouldn't mind it so much? We used to get along until they started telling us to be quiet downstairs, our dog would bark occasionally. I felt bad at first but then quickly realized, they stomp,run, yell, have roosters that yell all morning and birds. How is my dog inconveniencing you again? Plus she's a stay at home mom what could you possibly be doing that requires concentration. I'm working here and I've never complained about your noises upstairs. It went downhill after I said that.

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↑ [-] Both_Intention_6814 • 2 points 3 months ago

↓ My upstairs loud neighbors were gone all summer long. She's a stay at home mom and every year takes a summer long vacation with all her kids and leaves her husband behind. He's the quietest man alive. I had anxiety every single day up until they came back. Now that they are back all I hear is stomping, their rooster, their birds, yelling, loud music. It's so bad..I'm going to give myself a heart attack just hyperfocusing on all the noises this flock makes

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↑ [-] isithuge • 45 points 1 year ago

↓ Your space probably feels unsafe to your nervous system now, so you're always alert and ready to hear those noises. Misophonia is so fucking hard cause there is no way to turn it off or "just not focus on the sounds". I feel like the only thing that would help me in this situation is to keep music/calming sounds on. (I loooove having a fan on all the time!) Keep yourself as cozy and soothed as possible and maybe over time you'll feel safer and the noises won't hit as hard. Good luck ❤️

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↑ [-] trustymutsi • 16 points 1 year ago

↓ I think it was having rude loud people above me in college that really made me the way I am today. It forced me in a situation I couldn't control for a long

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*[News, Coping, Resources](#)

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*[International Misophonia Research Network](#)

*[Coping Provider Network](#)

*[Free Guide for Doctors](#)

*[Free Guide for Parents](#)

Recent Misophonia Research

*[Misophonia Literature Review](#)

*[The Brain Basis For Misophonia](#)

*[Large-Scale Misophonia Study](#)

*[Sensory Reactivity Study](#)

Books

*[Exploring Misophonia \(An anthology of researcher and sufferer perspectives\)](#)

*[Young Adult Fiction Novel on Misophonia](#)

*[Full of Sound and Fury: Suffering With Misophonia](#)

Films/Videos

*[Quiet Please \(Misophonia Documentary\)](#)

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time. This was before noise cancelling technology. I think my misophonia develk from an extended period of lack of control.

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↑ [-] **True_Gain_7051** • 5 points 1 year ago*

↓ I had the same issue about 30 years ago. It ultimately did me in. I ended up having to move and the me now would have sued both the landlord and the troublesome tenants that kept deliberately making noise overheard. To deliberately make noise over someone with an auditory processing disorder is disgusting. To know that they have this issue with noise and yet you still keep allowing your kids to run, jump, etc. play loud music, let your dog bark, etc. with no care to anyone else around you is wrong. At the time, I was forced to stay out of my apartment because I couldn't deal with them. But why pay rent if I can't USE my apartment? I was about 24 back then and didn't know any better about the laws. I know all the laws now so we're good. Also, I have ADHD and Autism, which already has me in severe anxiety/episodes with noise. I nearly had a nervous breakdown because of the issues with the tenants 30 years ago and the noise, was diagnosed with noise-related PTSD back then. I still have to go into the ER once in a while due to severe panic attacks, one really bad one I had at the end of April.

I would not have chosen to have a unit under someone but at the time we had no choice and this unit was stunning. There is also nothing in between the floors so everyone complains about the noise in the building. A lady on the floor below is constantly arguing with the person who lives on my floor. I mean, yelling and screaming arguing. It's insane! But it gives an idea as to how bad the sound travels here. The people over us have a child and two big dogs(one is 120lbs, and it jumps on and off the furniture at times when these people are not home. They state the dogs are service so no one will do anything about it. But why leave them home then? How are they providing a service? (???)) I don't know if this is on the up and up or not, but none of us (the whole building, particularly the allergy sufferers forced to live with this nonsense now)are happy with this situation. People have been complaining from the start, so we are not the only ones. So I've been in fight or flight mode most of the time ANTICIPATING because there are noises at times either from them or the dogs when left alone(they seem to be fine when the owners are home). I am extremely jumpy, I find.

I would likely not have chosen an apartment building to live in if I could have helped it but due to my Mom's health issues, we needed something with maintenance and everything on one level. I am taking it a day at a time. on the floor below is constantly arguing with the person who lives on my floor (above her). I mean, yelling and screaming arguing. It's insane! But it gives an idea as to how bad the sound travels here.

I would likely not have chosen an apartment building to live in if I could have helped it but due to my Mom's health issues, we needed something with maintenance and everything on one level. I am taking it a day at a time.

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↑ [-] **trustymutsi** • 3 points 1 year ago

↓ I can't believe how mean hearted someone can be to deliberately make noise to infuriate you. People can be so horrible.

I totally get the fear of just waiting for the noise. It can be nice and quiet but I can't relax because I'm waiting for noise to start again.

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↑ [-] **True_Gain_7051** • 2 points 1 year ago

↓ Exactly. In my case, it's not knowing how loud or how long the noise will last. This is what happened to me after I moved, lived somewhere nicer, but then ended up moving home to help my

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mom take care of my grandma. People started having parties at 8 9 at night, out there all night with loud Latin music with heavy bass drums, that type of thing. A few times we had to go and stay at a hotel when we saw them setting up for a party. And it wasn't just a family, it was multiple neighbors all summer long (really as soon as weather started to get nice). Music clashing because everyone is playing different stuff, but it's all Latin music. It was a nightmare. we lived with this for close to 20 years as I begged my mom to sell house my grandma left her. Also, we were starting to have issues with gangs, transient behavior from the homeless, etc. and I couldn't take it anymore. Now my mom, who is 80, needs me so I still can't live I want to because she cannot have stairs. So here we are in the apartment. In all honesty, things are way better, but I just cannot have children and dogs over my head due to past trauma. This is a particular trigger and it's been very harmful. Some of the people here are wanting to take legal action, so that may be an option for us to. To buy into a co-op building is an investment and we spent tons getting in here. Plus we had to go through a grueling board approval process, pay application fees, etc. only to have this happen. We have lots of money tied up in this unit and we're not moving. Nor should we have to because others want to take advantage. We'll see what happens.

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↑ [-] **epifer92** • 13 points 10 months ago

↓ I felt so validated when you said "your space probably feels unsafe to your nervous system now". Feel like this every single day. Can't wait to earn a decent enough salary and move to a small house or third floor apartment on my own where I don't have to hear anyone.

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↑ [-] **404Nuudle** • 3 points 9 months ago

↓ Holy...shit. I just stumbled across this post due to looking at other people with inconsiderate neighbors, and had no idea this was a thing, I didn't even realize I was in a sub for it until I read this comment.

I am beyond happy to know this not only has a name and *is* a thing, but also other people experience the same thing with me. I'm *very* temperamental with sound, especially when trying to sleep. Have loud neighbors that play music through a sub for hours at a time and has put me on edge. Any sort of low frequency that even sounds like a bass line It's like I'm a deer trying to pinpoint the sound, I get a jolt in my body and it's all I can focus on. So glad I came across here :,).

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↑ [-] **DragEmpty7323** • 2 points 9 months ago

↓ I feel your pain. I also live in a building with some jag off that needs to play their music loudly and with a sub the entire. Freaking. Day. Sometimes it stops for a couple seconds and I feel relief that maybe it's finally over just to have it start up again. I just don't understand how people can be so incapable of behaving around other people.

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↑ [-] [deleted] • 1 point 2 months ago

↓ I feel every word of this. My biggest noise trigger is being forced to listen to amplified music/bass. I am currently dealing with a neighbor who plays music constantly with massive speakers, and when he's not doing that, he has his television hooked up to a crazy sound system too. It literally drives me to a point of extreme disfunction and even ideation

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↑ [-] **Last-Journalist-8525** • 2 points 2 months ago

↓ If I ever end up in jail, it'll be over an interaction with a subwoofer possessing neighbor. It's the worst thing ever, life destroying. Especially when you can't "just move". I made the mistake of

purchasing a one bedroom condo where the value went down by almost 50% immediately after purchase due to a local economic crash almost decade ago. So can't sell it without losing massively. The neighboring unit keeps being rented to young people who all seem to immediately go out and buy a sound system. When I initially moved in I was calm and relaxed. But after years of living next to these people, I've developed a hair trigger for hearing/feeling bass thru the wall. Honestly, the only way to stop it to become extremely aggressive. Asking nicely does not work.

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↑ [-] [deleted] • 1 point 2 months ago*

↓ Yeah, exactly. I hear you about the jail thing lol. I'm a very kind, peaceful person. I'm not the kind of person who would hurt a fly. I've never understood how people can hurt other people. And I have to say, this loud loser living next to me has changed that. I hope this doesn't trigger anyone and please know that I would never actually do this... But he's obese and has serious lung issues and pretty much permanent bronchitis and is scared of getting covid, and in my worst moments I've fantasized about purposely catching covid and trying to pass it to him in hope it does him in so I can finally live in peace. I would never do that of course. But I'm just saying, I hear you--these evil imaginings are the point of insanity it drives me to. Every time he is miraculously quiet for a few days, I find myself hoping that maybe it's because he died lol. I hate being this mean-minded.

That sounds horrible about your condo though. Honestly, life is too short, maybe you could try to rent it out. Ask your rude, loud neighbors if they have any loud friends who want to live next to them lol

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↑ [-] Nanamisu • 36 points 1 year ago

↓ I have the same issue with my upstairs neighbours. They are always walking around like elephants and dropping stuff on the floor which makes loud banging noises. My heart always skips a beat when I hear them and I can't put away my focus after the first sound, just sitting there waiting for the next. I feel depressed to go home when I think about hearing the sounds again. I try to cover the sounds as much as possible by using noise canceling headphones in the evening when I'm trying to relax. I also have a white/brown noise device that helps to cover sounds when I don't want to use headphones. And I also sleep with earplugs. But I'm always anxious when I don't use these tools, which makes me sick and tired. Personally I think my only hope is moving to non-apartment... But until then, it sucks :(

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↑ [-] ThrandyShieldmaiden • 5 points 1 year ago

↓ I've got the same problem. But I've gotten pushed into petty passive-aggressive. This couple has just moved in and yes there's some noise involved in that, but...

I went up and asked them nicely to stop with the electric drill at 10pm and if they could be a little more mindful of how they're walking because they were startling me awake with loud pounds. Would you be surprised if I told you it did no good?

I have video of how loud their "walking" is.

Spoke to management here. Bimbo's first comment about my video is that I didn't have any noise in *my* apartment and that basically they could make whatever noise they want at whatever hours they want because they have to be able to "enjoy" their apartment, too. It basically devolved into scolding me.

What got me was her comment of, "Well, you came in here already upset." Yeah, I've had someone stomping on my head for several hours a day everyday since they moved in. You'd be upset too.

So...my TV stand does a great job of reflecting my TV speakers *up*. And I happen to have several loud classical playlists on Spotify. Think Holst or the

1812 Overture. The girl up there doesn't get up until about 10am. I'm waiting for her to complain about the "noise".

Also, the soundproofing and insulation in these buildings is nonexistent and I know how to make loud *low* booming sounds on the wall. As well as a well placed wooden spoon handle to the wall at 2-3am (I always wake up then for some reason, nothing to do with them).

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↑ [-] **Dry_Friendship_1366** • 4 points 1 year ago

↓ I know how you feel. I have documented stomping, a kid running and banging noises all I got was a "those are normal sounds and the kid only weighs 30lbs so there's nothing we can do." I wear ear plugs and have my TV up and still hear them like we are in the same apartment. I have anxiety and my son has autism so I am going to write a letter asking for reasonable accommodations to get moved or to add something to the floor of that apartment.

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↑ [-] **Ok_Hamster4807** • 3 points 11 months ago

↓ How well I know all of these stories. The pieces of dirt upstairs have given me real anxiety and almost a panic attack a few minutes ago. 4 years of this and no one in this coop bldg does anything. I am a renter and can't afford to move out. So many horrible, selfish people in this world.

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↑ [-] **Due_Organization6341** • 3 points 3 months ago

↓ OMG, when I read your comment; it truly helped me to realize that I'm not alone. The part about it sounding like elephants walking around; and dropping things on the floor. I'm a senior citizen, so living in an upstairs apartment would be very hard for me. I truly wish that I could afford to move in to a small house or a condo. I will for sure try the suggestion of the brown and white noise. It's just so amazing that some people are so inconsiderate of others.

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↑ [-] **ChicksDigBards** • 21 points 1 year ago

↓ I wish I had an answer but I ended up moving to get away from upstairs noise. My awful neighbour would play music really loudly, get drunk, and sing at the top of her voice while her 3 dogs barked their heads off. Even after it calmed down I would fixate to the point of insanity on any tiny sound, even standing on furniture to try to hear what was happening upstairs. Eventually, I had a complete breakdown. Not just because of the noise but I fixated on that rather than other problems. I will live in a tent in the woods before I live below someone again. If there is any way you can move, I would go for it.

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↑ [-] **Pink_Dragon_Lady** • 13 points 1 year ago

↓ Even after it calmed down I would fixate to the point of insanity on any tiny sound, even standing on furniture to try to hear what was happening upstairs.

Oh, how relatable this is! It's nice to know others are doing what I did (not nice we have to, but you know...solidarity).

I really wonder if there is some OCD component to this. Once I know a noise is happening, I will attract to it and keep an eye and ear on it. I look out the window at our new neighbors all the time. I must know! Haha. It drives my husband crazy.

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↑ [-] **ChicksDigBards** • 16 points 1 year ago

↓ My husband is the same way. He's like, just distract yourself or put the TV on, but all I can focus on the slight possibility of the trigger noise. Even with earplugs in I become convinced I can hear it and have to take them out to check.

And it is nice to know I'm not the only one like this. For the longest time I thought I was completely crazy!

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↑ [-] **Pink_Dragon_Lady** • 5 points 1 year ago

↓ I get it. No-one else I know is like this in my sphere.

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↑ [-] **Due_Organization6341** • 3 points 3 months ago

↓ I can relate to how you feel. I've not tried the earplugs yet, but it just seems so unfair that anyone should have to wear earplugs, or noise cancelling headphones in their apartments just to have a little peace and quiet !!

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↑ [-] **BrushCommon4734** • 1 point 1 month ago

↓ Noise cancellation only really works for long-duration predictable sound patterns, anyhow.

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↑ [-] [deleted] • 2 points 8 months ago

↓ Yup. I have my AirPods in 24/7. I literally put my ear against the wall I share with my neighbors when I can hear them. I fixate on it and I sometimes let it out on other folks. It's getting super bad

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↑ [-] **borntorunathon** • 40 points 1 year ago

↓ Your nervous system is stuck in a fear response associated with the noise. Every time you hear it or expect to hear it you're probably tensing up and maybe not even noticing. The best thing for you long term is to learn to activate your body's parasympathetic response, and the best way I know to do that is to do deep breathing exercises that are focused on exhalation. Download the app Insight Timer, it's a free app with tons of meditations that will help you learn to calm your anxiety. Also mindfulness meditation practices over time can help to train your brain to accept sounds for what they are and let them pass rather than focusing on resisting them. For me, the concept of acceptance has been hugely helpful as I realized that once I stopped resisting my triggers and learned to stay calm through them and accept them, my misophonia symptoms started to go away.

One particularly helpful type of meditation practice I've found is called progressive muscle relaxation. Do it at least once a day, and it trains your brain to be able to relax your muscles in the moment, which relaxes the mind. After a couple months of doing this daily I started to notice that I could start to feel and relax muscles in my head, which I'm sure helped my misophonia.

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↑ [-] **crushgirl29** • 5 points 1 year ago

↓ Excellent information. I too am trying to accept the sounds for what they are. I hear a lawnmower right now and last year I would have had an immediate reaction. Now, it's just someone cutting the grass.. it doesn't make me angry any more. I'm hoping I can tame more of my triggers. Heck, the sound of my own furnace used to throw me into a rage. I really prefer silence but have accepted that I can't have it quiet all the time.

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↑ [-] **DragEmpty7323** • 3 points 9 months ago

↓ It's possible. I've gotten used to the sound of a ticking clock. I barely even notice it now.

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↑ [-] **BrushCommon4734** • 1 point 1 month ago

↓ Noise produced by (necessary) work tends to be psychologically easier to handle than people entertaining themselves at others' expense.

↑ [-] **Meganh37** • 2 points 1 year ago

↓ Thank you for this 🙏

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↑ [-] **Nearox** • 2 points 12 months ago

↓ Thank you!

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↑ [-] **Pretend_Following938** • 2 points 8 months ago

↓ This is such a good comment. Thank you.

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[-] [deleted] 1 year ago

[removed]

↑ [-] **Travolta1984** • 16 points 1 year ago

↓ I was in a similar situation and I spoke with my landlord about moving to a top floor unit, and they accepted the idea. Just moved to the new unit about two weeks ago and it's bliss.

They said that my case can be considered a "reasonable accommodation" move, and as long as I could prove that I suffer of misophonia I wouldn't need to pay the "break contract" fee. Check if where you live this law also applies.

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↑ [-] **OPKatakuri** • 5 points 1 year ago

↓ How did you get misophonia proof for reasonable accommodation?

My apartment also said I could move to the top floor but now they backtracked and are charging me \$3000 instead of the original \$1000. Claiming I'm breaking my lease rather than just transferring units (I technically am but they said it'd only be \$1000 if I get another unit here).

I would just rescind my move out notice but they found a new tenant and also all the top floor units have recently been rented out.

If I could prove I have misophonia with reasonable accommodation to go along with it then I bet I could just avoid paying the full fine.

It's a management company though so I'm not sure if they'll budge and it's also Texas where landlords hold more power than politicians.

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↑ [-] **Travolta1984** • 7 points 1 year ago

↓ I spoke with my personal care doctor, explained the situation and he agreed to write a note. I thought that I would need to talk with a therapist first, but that wasn't necessary (but you may need to).

So I understand that I got extremely lucky, and each person's experience will be different.

And I live in California and my landlord is also a company.

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↑ [-] **OPKatakuri** • 3 points 1 year ago

↓ Man that sounds nice. I am envious but glad you were able to get a note. Definitely lucky. This is a real disorder and I wish it would be addressed as such by professional doctors.

Hmm I think California is the opposite of Texas in regards to tenants rights lol. From what I've heard at least. I think I'm just screwed.

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↑ [-] **springer4949** • 12 points 1 year ago

↓ i've been dealing with this same thing ... new neighbor upstairs and the heavy footsteps are insane. what's helped is noise canceling headphones, white noise machines running all the time and honestly reading similar stories on reddit. it makes me feel less like it's a personal attack on me and just something other people are going through too! it took me awhile to get out of the "but my issue is different" when in reality it's just people living their lives. don't get me wrong, i'm still beyond annoyed and look at new apartments all the time but i've read horror stories about truly noisy neighbors. it sounds like your neighbors aren't up all night and no partying? i try and stay out of my apartment as much as i can (which has helped my mental health just being outside more and walking). you'll constantly hear people tell you to move to an upstairs unit (which if you can props to you!) but there are equally noisy downstairs neighbors. best of luck navigating it and just know neighbors come and go!

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↑ [-] **universe_traverser** • 8 points 1 year ago

↓ I live in the top apartment and its 100% better than being underneath someone, but I'm not immune to the noisy children downstairs lol...and I can't stand it when people talk in the hall! Massive trigger. But after almost a year I have started to get used to random knocks, objects dropping/falling at random times, and even the kids running around and screaming. It helps to remember that they are just living their lives and not trying to piss me off...plus I feel much worse for the people below them!! 😞

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↑ [-] **springer4949** • 4 points 1 year ago

↓ you're so right...there is nothing better than not having someone above you! i kinda got attached to my apartment and trying everything to not give it up. but kids....i don't think i have the mental power to deal with that (especially if they were above me!) i do think you're right about getting used to the noises after a while...still annoying. honestly should be an apartment complex specifically for everyone in this sub-reddit ...it would be amazing haha

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↑ [-] **universe_traverser** • 3 points 1 year ago

↓ I never thought I would get used to it. It was worse in my last apartment, I was still at the top but the people next door were a nightmare (creaking/slamming doors, baby screaming, unexplainable knocking constantly!) I still have my moments, I hate that I can't control the noises around me and the kids downstairs are really annoying...but it doesn't enrage me as much as it used to. I agree, we'd all be so considerate! 😊

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↑ [-] **springer4949** • 3 points 1 year ago

↓ hey - love the positive attitude / progress! i do have one question...did you notice your tolerance/misophonia got worse over time? i feel like i used to be able to tolerate noises and now it's really become a problem in my life. my friends are so tired of me talking about my upstairs neighbor haha

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↑ [-] **universe_traverser** • 3 points 1 year ago

↓ I am positive and I think my tolerance has improved somewhat over time, but I literally have to live upstairs, lol...I'd rather live in a caravan than be the downstairs neighbour again 🙄. I had an upstairs neighbour once and knew I could never do that again. The downstairs family drives me nuts sometimes, but it's bearable most days! Do you practice meditation or any mindfulness? Hypnosis could also be an option. I had a couple of sessions once and it definitely helped temporarily. I probably needed more sessions though. But as others have said, depending on how much you are suffering your only other option might be to move. :/

↑ [-] **springer4949** • 3 points 1 year ago

↓ i totally feel ya...sometimes it feels like there is nowhere to go and it's a mental killer. i used to meditate all the time and think i need to get back into it. that and just some radical acceptance that this is the situation and what can i do/change to help me instead of thinking of ways to control the upstairs neighbor. but truly appreciate you chatting and sharing your story...so nice to talk to someone who gets it!

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↑ [-] **universe_traverser** • 5 points 1 year ago

↓ I totally get it. I thought I was crazy. I banged on the wall, put notes through the door, and even blasted music as 'revenge' once upon a time, lol...I've tried to understand why I suffer with this, and have concluded over time, in my case, that it may be a symptom of undiagnosed autism (on the milder end, possibly ADHD) because I get easily startled by loud noises and am very easily distracted in general. I also hate the feeling of unpredictability and 'not being in control'. I think a lot of people with misphonia also have OCD tendencies. I think it helps to practice radical compassion, too...chances are if people knew how much they were pissing you off with their noise they would be more mindful 😊. It also does help to chat so feel free to drop me a message anytime! :)

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↑ [-] **GoSwampFoetusGo** • 2 points 9 months ago

↓ I suspect you may have trained your brain to differentiate between noise made deliberately and that made accidentally

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↑ [-] **Sparkleterrier** • 7 points 1 year ago

↓ Yes good point downstairs neighbors can be bad too if they blast music. But at least no stomping above you.

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↑ [-] **GoSwampFoetusGo** • 1 point 9 months ago

↓ I think in general there are FAR MORE complaints about people living above you than below you. Im not saying that there cannot be noise disturbances from people below you or to the side of you as Ive experienced the latter and my nephew has experienced the former. Would be interesting if there were some stats but I have a feeling complaints about neighbours above dominates the complaints.

Typically the most realistic solution to noisy neighbours is moving to another place

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↑ [-] **theodora_s_lfc** • 9 points 1 year ago

↓ I have the same issue with my upstairs neighbours. I can always hear them walking around like elephants and them blasting music and screaming at their top of their lungs at 3am or dragging furniture and dropping things on the floor. When they're gone it's great but I'm always thinking about the noise they're gonna make and it makes me anxious and restless. It's honestly exhausting.

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↑ [-] **whatsername1070** • 10 points 1 year ago

↓ same, neighbor noise is my main source of tension so I pretty much just live with headphones on. My lovely gf just recently got me a really good quality set of noise cancelling headphones (go Sony WH-1000XM3!) but before that with my regular headphones I used the myNoise white noise app. You can adjust levels of each frequency, so I used to just constantly have the lowest frequencies playing which was pretty effective at tuning out that specific noise

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↑ [-] **crushgirl29** • 3 points 1 year ago

↓ I'm curious how much noise the Sony's block. I have airpod pros which I really like but I'm always looking for complete silence in a few situations (blasting bass from next door neighbours you can hear 4 houses away) but don't want to buy something that pricey if it's not better than what I already have.

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↑ [-] **whatsername1070** • 2 points 1 year ago*

↓ In my experience they're definitely the best noise cancelling headphones I've had. Before I had Plantronics Backbeat Pro 2s and Beats Studios for comparison. I wouldn't say it's complete silence but definitely the closest I've gotten. It at least makes deep noises so much quieter to where just listening to music (at any volume!) makes me unable to hear irritating noises.

I also don't live around anyone who plays loud bass music (thankfully), but I do live on an expressway so we get all the obnoxious car noises you can think of, including ppl driving by blasting music, and when I'm listening to music I can't hear them at all.

But yes, they are pricey lol - wish we could hold some kind of misophonia conference and test out all the noise cancelling headphones in person 😂

EDIT: also forgot to mention, the biggest drawback I've found with them so far is you can't use Bluetooth/noise cancelling while they're charging - I could do that with my BB pro ones. I just need to get in a habit of charging them every night lol

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↑ [-] **crushgirl29** • 2 points 1 year ago

↓ Thanks for your input. I think my airpod Pros probably do a comparable job. I can usually wear them without music and not hear exterior sound except for loud un muffled cars and diesel trucks, which are pretty muffled. I have Beats studios as well but prefer the Pros. Luckily the bass music only blasts in the warmer months (which is almost here) so I'm going to test them with some deep brown noise I just discovered. I don't always like to listen to music. I can tune out ambient noise after a while. I like your idea of the misophonia conference to check out ANC devices... try before you buy!

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↑ [-] [deleted] • 7 points 1 year ago

↓ Hardwood floors in upper units will be the death of me

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↑ [-] **crushgirl29** • 7 points 1 year ago

↓ I do the exact same thing. I prefer to wear earplugs so I never have to hear that first sound and get all anxious. That being said, I am making an attempt to not wear earplugs until I hear that first noise, and distracting myself or really focussing on things that I'm doing in the moment help me forget that some sound is soon going to trigger me. Maybe put all your focus on a sound you find acceptable (for me right now it's a bird singing outside), or even embrace the silence, rather than listening for the sound you don't want to hear.

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↑ [-] **jamminontha1** • 7 points 1 year ago

↓ Some people put up acoustic paneling on their ceiling to quiet the noise. The main issue is the way the apartment above you was constructed. If you hear the footsteps, it is more likely that you have a thin ceiling and your neighbor doesn't have carpeting, or they are just large.

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↑ [-] [deleted] • 1 point 1 year ago

↓ Not just large, some just oblivious. The woman above me is not large at all, but it doesn't occur to her to take off her heels before going about the process of making dinner, doing chores, and putting away laundry or whatever it is she's doing up there pacing back and forth in what I assume are stilettos or combat boots.

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↑ [-] **jamminontha1** • 3 points 1 year ago

↓ Aww man, I feel for you. That would drive me insane.

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↑ [-] [deleted] • 2 points 1 year ago

↓ When I moved in the people in the units near mine said that the last guy was "psycho" and used to bang on the ceiling with a broom. Now I understand why

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↑ [-] **GoSwampFoetusGo** • 1 point 9 months ago

↓ People don't have to be large to make noise - I live below a family with 2 toddler age kids - it certainly isn't the adults stomping around in my case. It's annoying af BUT I know the little kids are not doing anything deliberate

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↑ [-] **jamminontha1** • 1 point 8 months ago

↓ That's why I listed other things like thin ceilings and lack of carpeting...

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↑ [-] **easyeighter** • 5 points 1 year ago

↓ Dude, I am right there with you. It's the worst. What really, really bugs me the most is people telling me that I'm "overreacting" or to just "get over it."

We live in a building with 99% either single people or couples and unfortunately, live below the only family here. They're nice people but listening to toys on the ground, spiratic noises from a toddler you can't really estimate when or where it'll happen - it's extremely tough on me right now. It's just a crappy feeling, especially given that I bought the place.

I've brought it up to them on 2 occasions and while they understand, nothing has really changed. It sucks but I know I only have 12 months left here tops before I rent it out. The only plus is that the toddler will be in school, more mature and will hopefully not bug my tenants too bad.

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↑ [-] **BorbPie** • 4 points 1 year ago

↓ I've had a similar issue with my neighbor. My apartment has a noise report policy where if you get reported a certain amount of times, you have to pay a \$200 fee, so it discourages people from being noisy (not sure if it's enforceable or not though). For a week, the noise got especially bad, and I finally decided to tape a note to their door to politely explain the issue and basically let them know that I'd rather work with them than report them. Then I got a note back with an apology, and they've definitely improved. I know I was very lucky to have a kind and

understanding neighbor, but maybe it's worth a shot depending on how you feel abo

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↑ [-] [deleted] • 2 points 2 months ago

↓ I wish I could live where you live. That sounds awesome that your apartment manager takes noise seriously at least

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↑ [-] **chimaeking**  • 3 points 1 year ago*

↓ Well I wasn't expecting so many replies !

Thank you everyone for sharing your stories and/or giving some advice to deal with these situations !

As [u/springer4949](#) said, it does help to not feel alone and personally attacked by these inconsiderate people

I've been alternating between noise cancelling earbuds and foam earplugs to feel at peace whenever my neighbour is at home, and it works quite well and covers most of the noises. I must say I enjoy brown noise a lot, to me it feels like being in an airplane, travelling far away from him.

I've seen a few comments about the benefits of meditation so I should give it a try, I've never been good at it but now that I have a great motivation to master it, perhaps it'll work better... !

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↑ [-] **Appropriate_Work_653** • 6 points 9 months ago

↓ Going through the same thing. Never dawned on me if I was on the 2nd floor we would hear the people above us 😞. I just want my normal sleep schedule back so my anxiety can subside.

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↑ [-] **aurorajanettson** • 9 points 1 year ago

↓ I'm going through the same situation, so I feel for you. It's now exam week at my uni and my upstairs neighbours walk at midnight like they have feet made of lead or concrete. I could almost cry. I mentioned to them about this multiple times but they respond by "well, we cannot not walk in our apartment! We've lived here for two years with no complaints." I was like, the reason why you receive no complaints is that people who lived in my apartment before I moved in tolerated you, not because you're not annoying 😞

Once I was so annoyed that I retaliated by making loud noise through my ceiling. That backfired horribly.

My coping mechanism is to stay away from my apartment for as long as possible. I spend over 12 hours in the library. I also put on Harry Potter ambience (search up ASMR Weekly on YouTube. Super comforting. It's not ASMR in the "traditional sense") as soon as I get back to the apartment.

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↑ [-] **chimaeking**  • 9 points 1 year ago

↓ My situations is fairly recent, however I feel like I could end up fleeing my home as well if it continues. I personally began keeping my earphones in my ears when I arrive home and just try to ignore the noise, but it does feel unfair that I have to adapt my life to his loud behavior.

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↑ [-] **Pink_Dragon_Lady** • 2 points 1 year ago

↓ I personally began keeping my earphones in my ears when I arrive home and just try to ignore the noise, but it does feel unfair that I have to adapt my life to his loud behavior.

We have to adapt our life to the entire world. I fought headphones forever and would be so stressed and tense. Once I wore them each night, I could enjoy my home and got used to them. I did the original BOSE and I still have them.

I also carry a little lunch box with wax buds, foam buds, standard earbuds, a cassette player. Yes, I bought an old-school walkman because I hate need to charge stuff and I can play my thunder tape and access it anywhere.

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↑ [-] **sirbassist83** • 4 points 1 year ago

↓ i wear bluetooth headphones and listen to music, youtube, or hulu 95% of the time im home to block out my room mate. it sucks, but its a pretty successful coping mechanism for me.

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↑ [-] **aurorajanettson** • 2 points 1 year ago

↓ It is unfair. I'm so sorry that you feel trapped in the situation. I'm moving out in less than a month and my new place is on the top floor. I hope the situation for you will get better!!

Maybe try to find something that you enjoy doing to alleviate the anxiety? I usually start baking with my TV series on when my upstairs neighbours stomps.

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↑ [-] **chimaeking**  • 2 points 1 year ago

↓ I'm so glad for you ! I'm sure that living on the top floor is the best option. And thank you for the advice !!

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↑ [-] **liitme** • 2 points 1 year ago

↓ Misophonia for sure

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↑ [-] **Valuable_Fan_2812** • 2 points 1 year ago

↓ I'm going through the same. Keep white noise machines on all the time and soft music

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↑ [-] **GoSwampFoetusGo** • 2 points 9 months ago

↓ I feel for you. I think the main issue is that you KNOW the noisy behaviour is NOT deliberate and so there is little that can be done in correcting anti social behaviour - yes sometimes neighbours are deliberately anti social with noise making.

Its almost definitely anxiety you are experiencing. There is some research that noises from above have more affect on people than similar volumes from the side.

Ok so what do you do?

Heres my ideas for solutions

Plan to move out

Be in your place minimally

Use Earphones

Try meditation/relaxation/vagus nerve exercises

I would actually involve the authorities IF the noise was routine and in a typical sleep period. Check noise laws in your area. Im British and the laws are kind of crappy here

Start a noise war - NOT recommended as 2 wrongs dont make a right but is emotionally satisfying for a short while

Speak to the neighbour they maybe be genuinely unaware of the noise they make. Dont expect miracles as often neighbours dont give a fuck

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↑ [-] **omglifeisnotokay** • 2 points 14 days ago

↓ Dealing with this now with my neighbors high pitch squealing ear piercing door that they slam and open 20x a day. I even asked if they could fix it and it's back to being broken again cause they're assholes. It startles me and gets my heart racing.

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[–] [deleted] 4 months ago

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↑ [–] [deleted] • 1 point 2 months ago

↓ Responding to the noise that someone is making unintentionally (just as a result of regular living--what do you expect her not to pee?) with noise meant to harass them makes you the bad person. And some of what you wrote is really messed up. Trying to scare her with sounds of a woman crying and attaching speakers to the floor to cause anxiety? That is serious harassment that she could really take to the police and/or sue you for. Honestly you sound like an awful person.

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↑ [–] **Bitter_Specialist670** • 1 point 4 months ago

↓ I've lived in my apartment before some drastic Landlord Tenant Act changes (pretty much scrapped) had landlords charge anything they want to new tenants everywhere. So, moving out isn't an option that fits everyone. I'm not gainfully employed due to a medical issue. Unless it's outside of my country.

I was looking for solutions that have to do with a speaker "shield" if you will. So it focuses all or most of the sound above me, right up the ceiling to my neighbour's elephant stomping and her incessantly barking rat dogs. At any and all times of the day and night.

So far, I have 2 wired speakers and 1 Bluetooth one. Each inside amazon boxes of different sizes. Forming like a matrushka doll. The in-between chamber is filled with packaging material, and the outside is wrapped in old fleece sweaters. The edges on their openings have insulation strips that are meant for drafty doors.

I have seen options that include a concave surface behind/under the speakers to focus the sound almost, if not directly, to your desired target.

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↑ [–] [deleted] • 1 point 3 months ago

↓ I feel this. I just moved into an apartment that I was told had concrete ceilings, but now someone moved in above us and we realize the leasing agent lied to us. I know this post is a year old, but the take home is depressing, now that I'm locked in a year lease cuz someone lied to us :(

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↑ [–] [deleted] • 1 point 3 months ago

↓ I've got ACN headphones that help. Now I'm walking around with these in my own house a lot, which I don't particularly enjoy.

I can't move. The housing market here is in a way I literally cannot move. I wish I could.

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↑ [–] **Both_Piece_3525** • 1 point 3 months ago

↓ In my case it was an inheritance, I got the bottom floor and my brother got the top floor. When we were young we lived in a house where our parents thought (not for lack of money) that we didn't need bedrooms, so I slept on one side of the living-room and my brother on the other. As I had a lot of difficulty sleeping, the noise my brother made at night disturbed me psychologically and there was nothing I could do because no one at home cared about this problem. Not my parents, much

less my brother. We always had a bad relationship. Now he rents his house to tourists and the floor is made of old wood, it's very old, and he didn't want to insulate the floor so the noise wouldn't travel downwards because that would mean laying floating floors and no longer having the old boards of wood that make his house "noble". He doesn't even live here, he only spends one month a year here in holidays. But he doesn't have any consideration for me and that's why he wanted to keep the old wooden floor (even though he paid exactly the same price for it). So I have a huge room above my house with people (6 to 7) walking from one side to the other. I can't ask people to levitate, just walk, but with the floor being so old, it creates impacts on my ceiling that scare me and that don't stop. I also hear the wood squeaking. My roof was built with sound insulation, but it's not enough, I always hear bangs overhead. When it comes to cleaning, it feels like the house is going to fall down. But what bothers me is the day after tomorrow. I don't want to leave here because it's my family's house. And I also can't imagine leaving this place because emotionally I'm very attached to it. So I'll try to see if I can get used to it. They said that man is an animal of habit. I will try not to get upset and try not to feel wronged by my brother with whom I have a very complicated relationship. 🍀👥😬

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↑ [-] **MarieLou012** • 1 point 5 days ago

↓ Wow! That sounds horrible!!!

Can't you switch the floors with your brother? You move in upstairs and he rents the downstairs apartment to the tourists?

That situation would drive me absolutely crazy!

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↑ [-] **Both_Piece_3525** • 1 point 3 days ago

↓ I wish I could!!! It would be wonderful! But I can't because my brother wants the first floor that is a really big family house... Thanks for your concern 👥

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↑ [-] **CactusNyaNya** • 1 point 16 days ago

↓ No, you can not stop it. And you can hardly find anyone willing to help you. You can do it yourself, just fight back. If they are loud, be louder. Let them know who is daddy.

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↑ [-] [deleted] • -1 points 1 year ago

↓ Turn on music.

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↑ [-] **Marcosutra** • -1 points 1 year ago

↓ buy some wireless bluetooth headphones and play white noise

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↑ [-] **Sweatpants_And_Wine** • 1 point 1 year ago

↓ This is why I refuse to get a lower level apartment. It's a bitch moving in and out but you eliminate the daily anxiety of noise from above. You just get to hear the "soft close" drawers and cabinets at all hours of the day and night from below and the sides 😬

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↑ [-] **Meganh37** • 1 point 1 year ago

↓ I have the same exact reactions. It's truly exhausting

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[–] [deleted] 1 year ago

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↑ [–] **Traditional-Walk-226** • 4 points 9 months ago

↓ Wow the OP came here to seek advice! This comment just sounds dismissive of those with misophonia. Many of us have no choice but to have coping mechanisms in order to deal with this! Also not everyone is in a position to simply move home because of this. That may be a last resort for some. Of course, we can't stop people living their lives but at least you should know what it's like to have misophonia before you post such comments here on this sub. OP you have all my sympathy and nobody on this sub should feel alone or even made to feel bad for feeling this way.

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[–] [deleted] 1 year ago

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↑ [–] **chimaeking** S • 2 points 1 year ago

↓ Noise cancelling accessories are a blessing ! Sony, Bose and Apple seem to be the best with noise cancelling, whether it's headphones or earbuds !

It does get annoying to always have something on or in your ears, but I think it's worth it.

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